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**ABSTRACT**

The present invention relates to a method of assaying for folate in a folate containing sample, wherein at least some of the folate comprises at least one attached glutamate residue. The method comprises subjecting the sample to hydrolysis to release paraaminobenzoic acid, p-aminobenzoyl glutamic acid, or a salt thereof; contacting the released paraaminobenzoic acid, p-aminobenzoyl glutamic acid, salt or a diazo derivative thereof, with a binding partner thereof; and directly or indirectly detecting the resulting binding partner: paraaminobenzoic acid, binding partner: p-aminobenzoyl glutamic acid, or salt or derivative combination. The invention further relates to a kit usable in the method of the invention.